

ABSTRAK

Nikita Mariana, 111211131022, Hubungan antara *Maternal Self-Efficacy* dengan Depresi *Postpartum* pada Ibu Primipara, Skripsi, Fakultas Psikologi Universitas Airlangga, 2016, xix+110 halaman, 8 Lampiran

Kurangnya studi penelitian tentang depresi *postpartum* di Indonesia menyebabkan ibu-ibu yang mengalami depresi *postpartum* tidak terdeteksi. Perbedaan istilah yang digunakan oleh ibu-ibu Indonesia, di Jawa Timur khususnya, dalam menggambarkan kondisi psikologisnya juga turut mempengaruhi (Andajani-sutjahjo, 2007). Nicolson (1998) menyatakan depresi *postpartum* dapat terjadi pada satu tahun pertama dihitung sejak persalinan terjadi. Periode menjadi seorang ibu merupakan transisi peran baru yang sulit dan membutuhkan proses adaptasi yang baik bagi ibu primipara. *Maternal self-efficacy* diyakini sebagai komponen yang penting untuk membantu ibu beradaptasi dengan baik (Bandura, 1997) serta memiliki pengaruh pada kesehatan mental dan kesejahteraan ibu (Leahy-Warren, dkk, 2011). Penelitian ini bertujuan untuk mengetahui hubungan antara *maternal self-efficacy* dengan depresi *postpartum* pada ibu primipara.

Alat ukur yang digunakan untuk mengukur dua variabel dalam penelitian adalah *Perceived Maternal Parenting Self-Efficacy* (PMP S-E) dan *Edinburgh Postnatal Depression Scale* (EPDS). Reliabilitas kedua alat ukur menggunakan *Alpha Cronbach* dengan bantuan SPSS 20th for windows. Berdasarkan hasil analisis data, diperoleh koefisien reliabilitas pada skala PMP S-E sebesar 0,92 dan pada skala EPDS sebesar 0,81.

Berdasarkan hasil uji korelasi dengan menggunakan *Spearman's Rho* diperoleh nilai koefisien korelasi adalah -0,13 dan nilai signifikansi sebesar 0,3 ($p < 0,05$). Kesimpulan dari penelitian ini adalah terdapat hubungan negatif tidak signifikan antara *maternal self-efficacy* dengan depresi *postpartum* pada ibu primipara.

Kata Kunci: Depresi Postpartum, Maternal Self-Efficacy, Ibu Primipara
Daftar Pustaka, 57 (1975-2016)

ABSTRACT

Nikita Mariana, 111211131022, The Correlations Between Maternal Self-Efficacy and Postpartum Depression in First-time Mothers., Thesis, The Faculty of Psychology Airlangga University, xix+110 pages, 8 appendix

The lack of studies in postpartum depression in Indonesia causes Indonesian mothers with postpartum depression could not be diagnosed in which causes them do not seek for treatment. The difference of the term Indonesian mothers with postpartum depression uses, in East Java especially, to describe their depressive symptoms also could be the cause (Andajani-sutjahjo, et al, 2007). Nicolson (1998) identified postpartum depression can occur during the first twelve months following the childbirth. Motherhood is a tough and an excruciatingly difficult process, making women who desire to be a good mother struggle in adapting their new social role as mother. Maternal self-efficacy is one crucial component to help mothers adapt successfully with their new role. This can cause them more persistent when they face difficulties or challenging in their mothering role and childbearing (Bandura, 1997) and it is believed that maternal self-efficacy influences in enhancing mother's well-being and her mental health (Leahy-Warren, et al, 2011). The purpose of this study is to examine the relationship between maternal self-efficacy and postpartum depression of first-time mothers.

PMP S-E (Perceived Maternal Parenting Self-Efficacy) scale was used to measure self-efficacy while EPDS (Edinburgh Postnatal Depression Scale) was used to measure postpartum depression. The Cronbach's Alpha coefficient was used to measure the reliability of the two scales in this study. The result achieved from this study were as follow: 0,91 (PMP S-E) and 0,81 (EPDS) using SPSS 20th for Windows.

The correlation analyzed has been done by using Spearman Rho as a non-parametric analyzer. The result of this research showed the correlation coefficient score was -0,13 and the significant score was 0,3 ($p < 0,05$). This study found that there was a negative correlation between maternal self-efficacy and postpartum depression but the correlation is not significant. Further study is required to identify other or more factors that may influence postpartum depression in first-time mothers.

Keywords: Postpartum Depression, Maternal Self-Efficacy, First-time Mothers
References, 57 (1975-2016)